

HICKORY KNOB
STATE RESORT PARK
McCormick, SC



For more information and driving directions:
www.hickoryknobresort.com



WINSHAPE RETREAT
Rome, GA

For more information and driving directions:
<http://winshape.inovaone.com>



VISN 7
Marriage Enrichment Retreats*
2011 - 2012

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|------------------|--------------|
| Oct. 21-23, 2011 | Hickory Knob |
| Jan. 6-8, 2012 | Hickory Knob |
| Mar. 16-18, 2012 | WinShape |
| Jun. 8-10, 2012 | Hickory Knob |
| Aug. 17-19, 2012 | WinShape |

* Location subject to change.

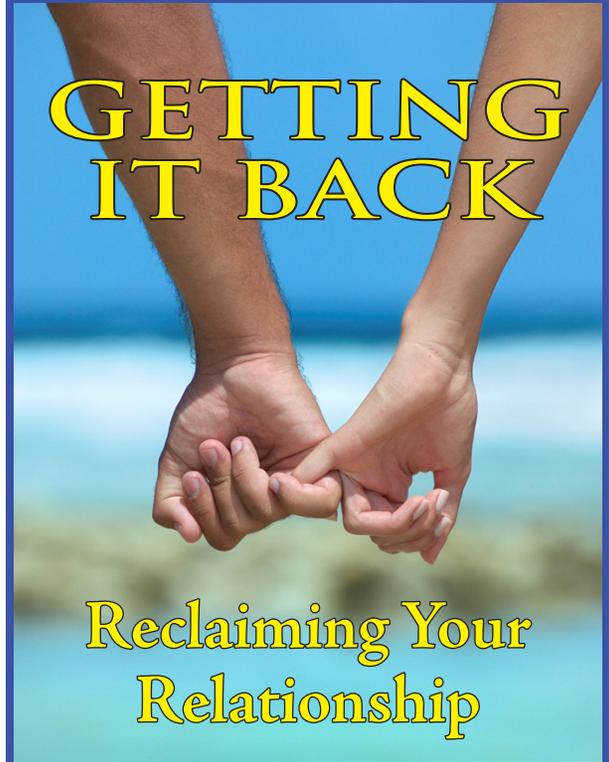
*Registration must be postmarked no later than
10 days prior to the retreat start date.*

Please mail completed form to:
Chaplain Service
Charlie Norwood VA Medical Center
1 Freedom Way (125U)
Augusta, Georgia 30904-6285

Or Fax completed registration to: (706) 481-6761

POC: Chaplain Benita Livingston
Phone: 706-733-0188 ext. 6115
E-mail: Benita.Livingston@va.gov

Charlie Norwood
VA Medical Center



VISN 7
Marriage Enrichment Retreats
2011 - 2012

*Open to all Veterans, Active Duty,
National Guard and Reserve*



1 Freedom Way
Augusta, Georgia 30904-6285
www.augusta.va.gov

GETTING IT BACK

Reclaiming Your Relationship

How many times have you heard the statement, "Marriage is work?" That is true but marriage should also be fun, enriching and collaborative, with empathy and compassion in our communications, emotional openness and physical closeness that help us bond with the one whom we have chosen to live out the rest of our lives! For some couples, they knew these things once upon a time but the challenges of relationship, work, family and others have led them to drift away from these important skills and they want to hone these skills. For others, they never knew how to "do it right" and have struggled to maintain their relationship through all the challenges of married life. Still others may be feeling so stressed and strained they cannot even imagine being married to their partner any longer.

Whether you are looking to simply improve your skills or are truly desperate for help, we offer a transformational weekend retreat where we will teach you evidence-based skills around conflict resolution, emotional literacy, communication, and intimacy that can give you the things you seek to get back the marriage you desire.

At **NO COST TO YOU**, the Charlie Norwood VA Medical Center, together with the CSRA Wounded Warrior Care Project and VA VISN 7 leadership are sponsoring marriage enrichment retreats throughout the year in Georgia and South Carolina that have proven to strengthen and restore the communication and bonding so essential to a healthy marriage.

These retreats are facilitated by experts acknowledged for their success in guiding couples and families like you to a healthier way of living and loving.



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Cut on dotted line.

REGISTRATION

Marriage Enrichment Retreats 2011 - 2012

Please indicate by placing an X in the box next to the dates of the retreat you wish to attend:

- Oct. 21-23, 2011 Hickory Knob
- Jan. 6-8, 2012 Hickory Knob
- Mar. 16-18, 2012 WinShape
- Jun. 8-10, 2012 Hickory Knob
- Aug. 17 -19, 2012 WinShape

Please indicate with an X if you have any dietary restrictions or if you have special accommodation needs.

Names: _____

Address: _____

Phone: _____

Email: _____

Signature: _____

Please see back panel for additional instructions.

Registration must be postmarked no later than 10 days prior to the retreat start date.